

Report Date: 12 Aug 2014

Summary Report for Individual Task
805P-COM-1104
Perform the Hip Stability Drill (HSD)
Status: Approved

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD5 - This product/publication has been reviewed by the product developers in coordination with the Ft Jackson, SC foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

Condition: Given a Physical Readiness Training (PRT) area, approved PRT plan, PRT Instructor, in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standard: Perform the Hip Stability Drill, completing all the prescribed exercises so each exercise is performed:

- (1) in the proper sequence.
- (2) using movements precisely as described.
- (3) using the correct cadence.
- (4) without causing injury to personnel.
- (5) in accordance with FM 7-22, Chapter 6.

Special Condition: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER

Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

WARNING

- Injury may occur from improper execution of exercises in this PRT drill. It is important that each exercise in this drill be executed IAW FM 7-22.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

CAUTION

Conduct visual reconnaissance of training area before execution of this drill.

Remarks: None

Notes: None

Performance Steps

1. Exercise 1: Perform the Lateral Leg Raise IAW FM 7-22, Chapter 6.

Note:

CHECK POINT 1: Face to the front of the formation, maintaining a generally straight line with the body.

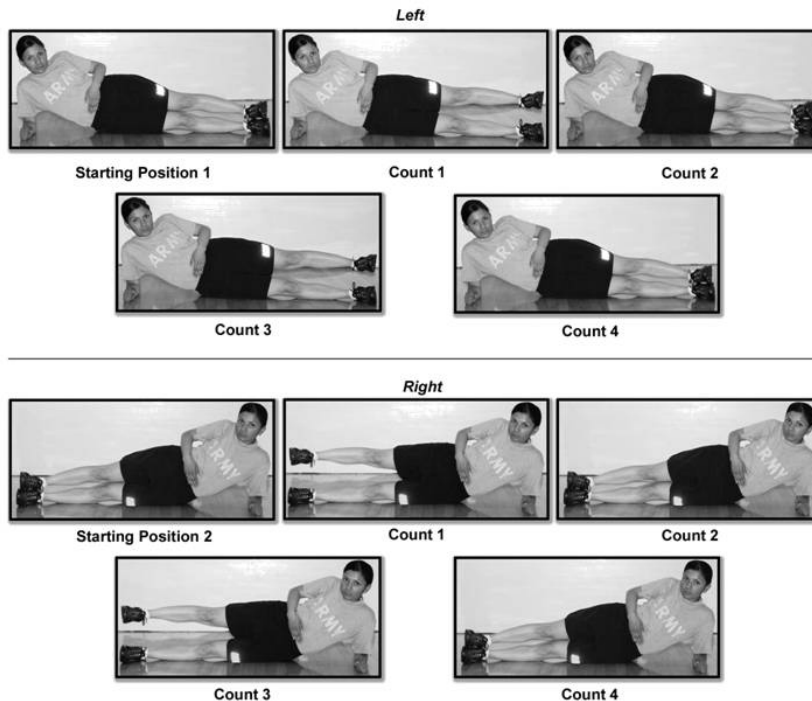
CHECK POINT 2: On counts 1 and 3, keep the knee of the raised leg straight and the foot pointing forward. The top leg raises no more than 6-8 inches above the ground.

CHECK POINT 3: Place the top hand over the stomach throughout the exercise.



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Lateral Leg Raise



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1

Lateral Leg Raise Exercise 1

a. On the command, "Starting Position, MOVE," assume correct starting position: (Starting Position 1): Lay on the right side with the legs extended straight to the side and feet together with toes pointing straight ahead. Support the upper body with the right elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground and the right hand makes a fist vertical to the ground.

b. Count 1: Raise the top leg so the top foot is 6 to 8 inches above the ground.

c. Count 2: Return to the starting position.

d. Count 3: Raise the top leg so the top foot was 6 to 8 inches above the ground.

e. Count 4: Return to the starting position.

f. On the command, "Change Position, MOVE," assume the correct starting position: (Starting Position 2): lay on the left side with the legs extended straight to the side and feet together with toes pointing straight ahead. Support the upper body with the left elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground and the left hand makes a fist vertical to the ground.

g. Count 1: Raise the top leg so the top foot is 6 to 8 inches above the ground.

h. Count 2: Return to the starting position.

i. Count 3: Raise the top leg so the top foot was 6 to 8 inches above the ground.

j. Count 4: Return to the starting position.

k. Perform the Lateral Leg Raise using a SLOW cadence.

2. Exercise 2: Perform the Medial Leg Raise IAW FM 7-22, Chapter 6.

Note:

CHECK POINT 1: Keep the hips facing forward and the body in a generally straight line.

CHECK POINT 2: Keep the toes facing forward on the bottom leg.

CHECK POINT 3: Place the top hand over the stomach throughout the exercise.

CHECK POINT 4: Do not raise the bottom foot higher than 6-8 inches above the ground.

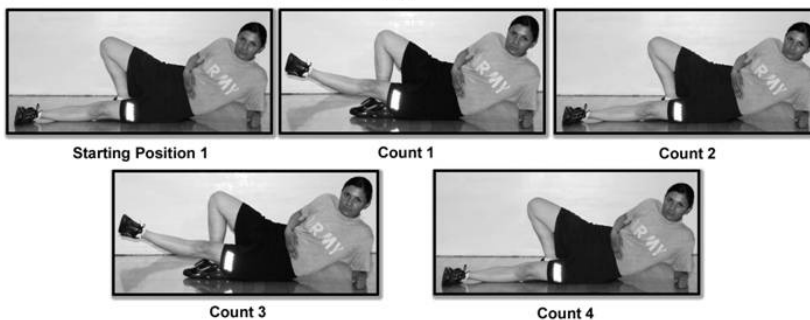


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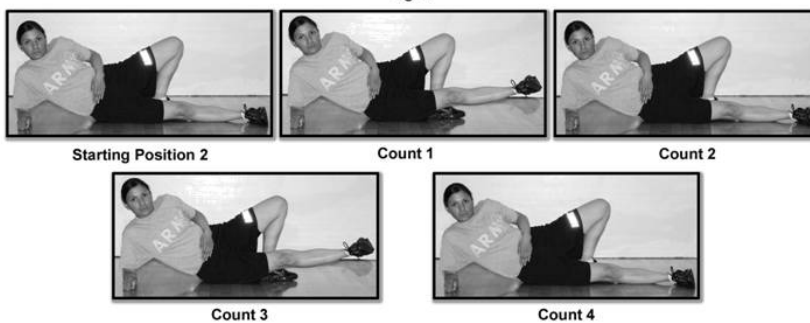
Medial Leg Raise



Left



Right



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2

Medial Leg Raise Exercise 2

a. On the command, "Starting Position, MOVE," assume the correct starting position: (Starting Position 1): lay on the left side with the left leg extended straight to the side and the right leg bent at 90 degrees with the right foot flat on the ground behind the left leg. Support the upper body with the left elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground and the left hand makes a fist vertical to the ground.

b. Count 1: Raise the bottom leg so the bottom foot is 6-8 inches above the ground.

c. Count 2: Return to the starting position.

d. Count 3: Raise the bottom leg so the bottom foot is 6-8 inches above the ground.

e. Count 4: Return to the starting position.

f. On the command, "Change Position, MOVE," assume the correct starting position: (Starting Position 2): lay on the right side with the right leg extended straight to the side and the left leg bent at 90 degrees with the left foot flat on the ground behind the right leg. Support the upper body with the right elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground and the right hand makes a fist vertical to the ground.

g. Count 1: Raise the bottom leg so the bottom foot is 6-8 inches above the ground.

h. Count 2: Return to the starting position.

i. Count 3: Raise the bottom leg so the bottom foot is 6-8 inches above the ground.

j. Count 4: Return to the starting position.

k. Perform the Medial Leg Raise using a SLOW cadence.

3. Exercise 3: Perform the Bent-Leg Lateral Raise IAW FM 7-22, Chapter 6.

Note:

CHECK POINT 1: Face to the front of the formation, maintaining a generally straight line with the body, from the knees to the torso.

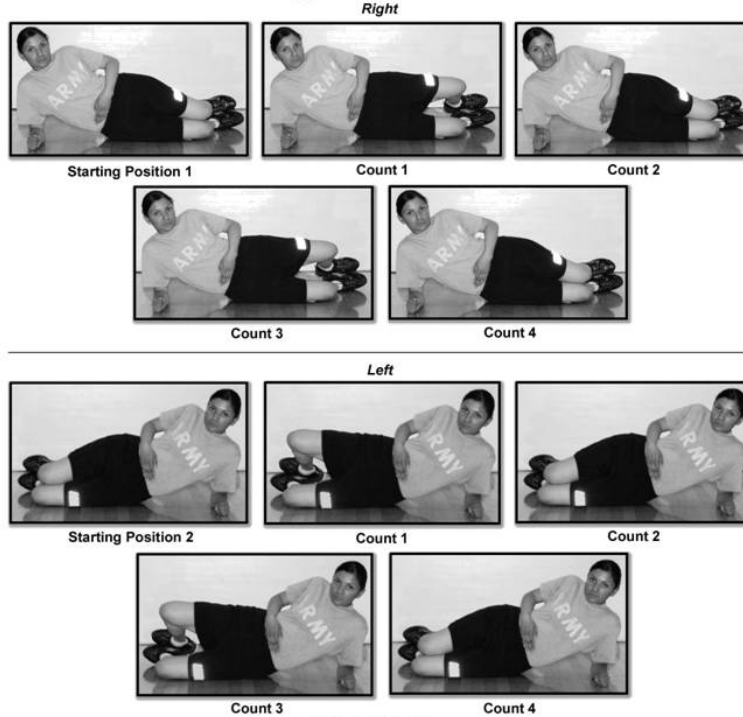
CHECK POINT 2: Keep the feet together throughout the exercise.

CHECK POINT 3: Place the top hand over the stomach throughout the exercise.



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Bent-Leg Lateral Raise



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3

Bent-Leg Lateral Raise Exercise 3

- a. On the command, "Starting Position, MOVE," assume the correct starting position: (Starting Position 1): lay on the right side with the legs bent at 90 degrees and feet together with toes pointing straight ahead. Support the upper body with the right elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground and the right hand makes a fist vertical to the ground.
- b. Count 1: Raise the top leg about 12 inches above the ground, keeping the feet together.
- c. Count 2: Return to the starting position.
- d. Count 3: Raise the top leg about 12 inches above the ground, keeping the feet together.
- e. Count 4: Return to the starting position.
- f. On the command "Change Position, MOVE," assume the correct starting position: (Starting Position 2): lay on the left side with the legs bent at 90 degrees and feet together with toes pointing straight ahead. Support the upper body with the left elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground, and the left hand makes a fist vertical to the ground.
- g. Count 1: Raise the top leg about 12 inches above the ground, keeping the feet together.
- h. Count 2: Return to the starting position.
- i. Count 3: Raise the top leg about 12 inches above the ground, keeping the feet together.
- j. Count 4: Return to the starting position.
- k. Perform the Bent-Leg Lateral Raise using a SLOW cadence.

4. Exercise 4: Perform the Single-Leg Tuck IAW FM 7-22, Chapter 6.

Note:

CHECK POINT 1: Face to the front of the formation, maintaining a generally straight line with the body.

CHECK POINT 2: The top foot remains 6-8 inches above the ground throughout the exercise.

CHECK POINT 3: Place the top hand over the stomach throughout the exercise.



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Single-Leg Tuck

Left



Starting Position 1



Count 1



Count 2



Count 3



Count 4

Right



Starting Position 2



Count 1



Count 2



Count 3



Count 4

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4

Single-Leg Tuck Exercise 4

a. On the command, "Starting Position, MOVE," assume the correct starting position: (Starting Position 1): lay on the right side with the legs extended straight to the side, with the left leg 6 to 8 inches above the ground, and toes pointing straight ahead. Support the upper body with the right elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground, and the right hand makes a fist vertical to the ground.

b. Count 1: Bring the thigh of the top leg toward the chest, bending the knee at 90-degrees.

c. Count 2: Return to the starting position.

d. Count 3: Bring the thigh of the top leg toward the chest, bending the knee at 90-degrees.

e. Count 4: Return to the starting position.

f. On the command, "Change Position, MOVE," assume the correct starting position, (Starting Position 2): lay on the left side with the legs extended straight to the side with the right leg 6 to 8 inches above the ground and toes pointing straight ahead. Support the upper body with the left elbow. The elbow is bent at 90 degrees, the upper arm is perpendicular to the ground, and the left hand made a fist vertical to the ground.

- g. Count 1: Bring the thigh of the top leg toward the chest, bending the knee at 90-degrees.
- h. Count 2: Return to the starting position.
- i. Count 3: Bring the thigh of the top leg toward the chest, bending the knee at 90-degrees.
- j. Count 4: Return to the starting position.
- k. Perform the Single-Leg Tuck using a SLOW cadence.

5. Exercise 5: Perform the Single-Leg Over IAW FM 7-22, Chapter 6.

Note:

CHECK POINT 1: At the starting position, the arms are directed to the sides at 90-degrees to the trunk; the fingers and thumbs are extended and joined.

CHECK POINT 2: In Exercise Position 1, keep the left shoulder, arm, and hand on the ground.

CHECK POINT 3: In Exercise Position 2, keep the right shoulder, arm, and hand on the ground.

CHECK POINT 4: Head remains on the ground throughout the exercise.



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Single-Leg Over



Starting Position



Exercise Position 1



Starting Position



Starting Position



Exercise Position 2



Starting Position

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Single-Leg Over Exercise 5

- a. On the command, "Starting Position, MOVE," assume the correct starting position: (Starting Position 1): supine position with arms sideward, palms down. The arms are directed to the sides at 90-degrees to the trunk; the fingers and thumbs are extended and joined.

b. On the command, "Ready, STRETCH," turn the body to right, bend the left knee to 90 degrees over the right leg, grasp the outside of the left knee with the right hand, and pull toward the right. Hold this position for 20-30 seconds.

c. On the command, "Starting Position, MOVE," assume the starting position.

d. On the command, "Change Position, Ready, STRETCH," turn the body to left, bend the right knee to 90-degrees over the left leg and grasp the outside of the right knee with the left hand and pull toward the left. Hold this position for 20-30 seconds.

e. On the command, "Starting Position, MOVE," assume the starting position.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier GO if all performance measures are passed (P). Score the Soldier NO GO if any performance measure is failed (F). If the Soldier scores NO GO, show the Soldier what was done wrong and how to do it correctly.

Evaluation Preparation: Any dry, level area of adequate size is satisfactory for the performance and evaluation of the HSD. Soldiers should wear ACUs with boots or the IPFU. The uniform should be appropriate for the activity that will follow the HSD. For example, when the activity is Climbing Drill 2 (CL2) or the Guerrilla Drill (GD), ACUs with boots will be worn.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed the Lateral Leg Raise.			
a. On the command, "Starting Position, MOVE," assumed correct starting position: (Starting Position 1): Layed on the right side with the legs extended straight to the side and feet together with toes pointing straight ahead. Supported the upper body with the right elbow. The elbow was bent at 90 degrees, the upper arm was perpendicular to the ground and the right hand made a fist vertical to the ground.			
b. Count 1: Raised the top leg so the top foot is 6 to 8 inches above the ground.			
c. Count 2: Returned to the starting position.			
d. Count 3: Raised the top leg so the top foot was 6 to 8 inches above the ground.			
e. Count 4: Returned to the starting position.			
f. On the command, "Change Position, MOVE," assumed the correct starting position: (Starting Position 2): layed on the left side with the legs extended straight to the side and feet together with toes pointing straight ahead. Supported the upper body with the left elbow. The elbow was bent at 90 degrees, the upper arm was perpendicular to the ground and the left hand made a fist vertical to the ground.			
g. Count 1: Raised the top leg so the top foot is 6 to 8 inches above the ground.			
h. Count 2: Returned to the starting position.			
i. Count 3: Raised the top leg so the top foot was 6 to 8 inches above the ground.			
j. Count 4: Returned to the starting position.			
k. Performed the Lateral Leg Raise using a SLOW cadence.			
2. Performed the Medial Leg Raise.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: (Starting Position 1): layed on the left side with the left leg extended straight to the side and the right leg bent at 90 degrees with the right foot flat on the ground behind the left leg. Supported the upper body with the left elbow. The elbow was bent at 90 degrees, the upper arm was perpendicular to the ground and the left hand made a fist vertical to the ground.			
b. Count 1: Raised the bottom leg so the bottom foot is 6-8 inches above the ground.			
c. Count 2: Returned to the starting position.			
d. Count 3: Raised the bottom leg so the bottom foot is 6-8 inches above the ground.			
e. Count 4: Returned to the starting position.			
f. On the command, "Change Position, MOVE," assumed the correct starting position: (Starting Position 2): layed on the right side with the right leg extended straight to the side and the left leg bent at 90 degrees with the left foot flat on the ground behind the right leg. Supported the upper body with the right elbow. The elbow was bent at 90 degrees, the upper arm was perpendicular to the ground and the right hand made a fist vertical to the ground.			
g. Count 1: Raised the bottom leg so the bottom foot is 6-8 inches above the ground.			
h. Count 2: Returned to the starting position.			
i. Count 3: Raised the bottom leg so the bottom foot is 6-8 inches above the ground.			
j. Count 4: Returned to the starting position.			
k. Performed the Medial Leg Raise using a SLOW cadence.			
3. Performed the Bent-Leg Lateral Raise.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: (Starting Position 1): layed on the right side with the legs bent at 90 degrees and feet together with toes pointing straight ahead. Supported the upper body with the right elbow. The elbow was bent at 90 degrees, the upper arm was perpendicular to the ground and the right hand made a fist vertical to the ground.			
b. Count 1: Raised the top leg about 12 inches above the ground, kept the feet together.			
c. Count 2: Returned to the starting position.			
d. Count 3: Raised the top leg about 12 inches above the ground, keeping the feet together.			

e. Count 4: Returned to the starting position.			
f. On the command "Change Position, MOVE," assumed the correct starting position: (Starting Position 2): layed on the left side with the legs bent at 90 degrees and feet together with toes pointing straight ahead. Supported the upper body with the left elbow. The elbow was bent at 90 degrees, the upper arm was perpendicular to the ground, and the left hand makes a fist vertical to the ground.			
g. Count 1: Raised the top leg about 12 inches above the ground, keeping the feet together.			
h. Count 2: Returned to the starting position.			
i. Count 3: Raised the top leg about 12 inches above the ground, keeping the feet together.			
j. Count 4: Returned to the starting position.			
k. Performed the Bent-Leg Lateral Raise using a SLOW cadence.			
4. Performed the Single-Leg Tuck.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: (Starting Position 1): layed on the right side with the legs extended straight to the side, with the left leg 6 to 8 inches above the ground, and toes pointing straight ahead. Supported the upper body with the right elbow. The elbow was bent at 90 degrees, the upper arm was perpendicular to the ground, and the right hand made a fist vertical to the ground.			
b. Count 1: Brought the thigh of the top leg toward the chest, bending the knee at 90-degrees.			
c. Count 2: Returned to the starting position.			
d. Count 3: Brought the thigh of the top leg toward the chest, bending the knee at 90-degrees.			
e. Count 4: Returned to the starting position.			
f. On the command, "Change Position, MOVE," assumed the correct starting position, (Starting Position 2): layed on the left side with the legs extended straight to the side with the right leg 6 to 8 inches above the ground and toes pointing straight ahead. Supported the upper body with the left elbow. The elbow was bent at 90 degrees, the upper arm was perpendicular to the ground, and the left hand made a fist vertical to the ground.			
g. Count 1: Brought the thigh of the top leg toward the chest, bending the knee at 90-degrees.			
h. Count 2: Returned to the starting position.			
i. Count 3: Brought the thigh of the top leg toward the chest, bending the knee at 90-degrees.			
j. Count 4: Returned to the starting position.			
k. Performed the Single-Leg Tuck using a SLOW cadence.			
5. Performed the Single-Leg Over.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: (Starting Position 1): supine position with arms sideward, palms down. The arms were directed to the sides at 90-degrees to the trunk; the fingers and thumbs were extended and joined.			
b. On the command, "Ready, STRETCH," turned the body to right, bent the left knee to 90 degrees over the right leg, grasped the outside of the left knee with the right hand, and pulled toward the right. Held this position for 20-30 seconds.			
c. On the command, "Starting Position, MOVE," assumed the starting position.			
d. On the command, "Change Position, Ready, STRETCH," turned the body to left, bent the right knee to 90-degrees over the left leg and grasped the outside of the right knee with the left hand and pulled toward the left. Held this position for 20-30 seconds.			
e. On the command, "Starting Position, MOVE," assumed the starting position.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	FM 7-22	Army Physical Readiness Training (Change 001 05/03/2013 8 Pages	Yes	Yes

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT. Individuals instructing this task must ensure they are familiar with FM 7-22, Appendix D, pages D-1 thru D-5, Environmental Considerations prior to training this task.

Safety: In a training environment, leaders must perform a risk assessment in accordance with ATP 5-19, Risk Management. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, Multiservice Tactics, Techniques, and Procedures for Nuclear, Biological, and Chemical (NBC) Protection, FM 3-11.5, Multiservice Tactics, Techniques, and Procedures for Chemical, Biological, Radiological, and Nuclear Decontamination. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender
- Level of conditioning of each Soldier in the unit
- Equipment Conditions (if applicable)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Approved

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1108	Perform the Ability Group Run (AGR)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1113	Perform Military Movement Drill 2 (MMD2)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1117	Perform 30:60s and 60:120s	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1119	Perform the 300-Yard Shuttle Run (SR)	805P - Physical Readiness (Individual)	Approved
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Approved
805P-COM-1118	Perform Hill Repeats	805P - Physical Readiness (Individual)	Reviewed

Supported Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1113	Perform Military Movement Drill 2 (MMD2)	805P - Physical Readiness (Individual)	Reviewed

805P-COM-1105	Perform the Shoulder Stability Drill (SSD)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1119	Perform the 300-Yard Shuttle Run (SR)	805P - Physical Readiness (Individual)	Approved
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Approved
805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1108	Perform the Ability Group Run (AGR)	805P - Physical Readiness (Individual)	Reviewed
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Reviewed

Supported Collective Tasks : None